



February 2012

Issue No. 281

Happy New Year

Happy New Year



Loneliness of the long distance Santa!

Tom Alder

at the Wycombe Santa Dash

Metros Diary

JAN

Sun 22	TVXC League – Bracknell	11.00 am
Wed 25	Committee Meeting	8.00 pm

FEB

Sat 4	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sun 5	Watford Half Marathon + Junior Challenge	10.30 am*
Sun 19	Harrow Hill Race	10.30 am
Sat 25	5k Run, Roxbourne Park	9.15 am
Wed 29	Committee Meeting	8.00 pm

MAR

Sat 3	5 Mile Handicap, Roxbourne Park	8.50 am
Sun 4	30 th Berkhamsted Half and 5 Mile Fun Run	10.00 am
Sun 11	Finchley 20 TROPHY RACE	9.30 am
Sat 17	Wot no Watch, Roxbourne Park	9.20 & 9.40 am
Wed 28	Committee Meeting	8.00 pm

APR

Fri 6	Maidenhead Easter 10 TROPHY RACE	9.30 am
Sat 7	10K Challenge, Roxbourne Park	9.00 am
Sat 14	5 Mile Walk	9.00 am
Sun 15	Brighton Marathon	9.00 am
Sat 21	Wot No Watch	9.20 & 9.40 am
Sun 22	Virgin London Marathon	9.45 am

TVXC – Thames Valley Cross Country – www.tvxc.org.uk

Committee meetings are at Methodist Church Hall, Cannon Lane. They are open to all but only the committee can vote.

*www.watfordharriers.org.uk

**www.berkhamstedhalfmarathon.co.uk

Please Note: Change of date for February 5k run.

Note from the Editors!

Welcome to the first issue of 2012, with plenty of news about events over the next few months, and the first results of the year. Whether you are training for your 90th Marathon or your first, or for your first race of any kind, here's hoping it all goes well. If illness or injury strikes, take care, REST, and adapt your training plan. It will still work out. Just remember – enjoy your running.

Jane and Penny Hudson

Metros CHRISTMAS DONATIONS

We combined the donations for the Christmas messages in Metrolines and the donations for magazines purchased on Saturday mornings and the total was £170.

The Committee decided to give half to the DRUM charity in Watford – this provides activities for disabled - and half to The Friends of Ruislip Woods charity.

The following appeared in the Newsletter of The Friends of Ruislip Woods:

A Thank-You

"The Ruislip Woods Trust has received this lovely Christmas message:

Metros is a family running club based in the Pinner/Ruislip area and each Christmas makes small donations to charities. Our club members have used Ruislip Woods for many years for training runs, club events and races. The woods are a delight in any season and it's a pleasure to see the work that goes on to enhance and improve them. Therefore, Metros are delighted to choose the Ruislip Woods Trust as one of the charities this Christmas.

www.metros.org.uk

Thank you Metros!"

* * *

We also received a thank you letter from Macmillan Cancer Support for our donation of £35 raised at the Annual Fun Run on 1st October 2011.

HARROW HILL RACE

The Harrow Hill Race is once again upon us; this year it is the 19th February and like every other race, success is dependent on the goodwill of club members volunteering their services. So no pressure then!

I need people to marshal and help at the start and finish, also am looking for donations for the goodie bag perhaps through your own company or where you work? I am looking for pens, key rings and vouchers. If you can help please contact me on:

harrowhillrace@hotmail.com

Or speak to me at the Saturday session.

David Swan



NEW METROLINES DEADLINE!!!

Please note that the deadline has now changed. Send any items for Metrolines to the editors by **15th** of the month.

The next issue of Metrolines will be dated March 2012 and will be issued on or around 20th February 2012, so we need your contributions by 15th February 2012.



Cross Country



Thames Valley Cross Country League

22 January 2012 Bracknell

Please Note: Finchcoaster's fixture on 5th February has been cancelled

Races start at 11am and are 5-6 miles cross country with refreshments afterwards. Men & Women run together but score separately. Club vests or T-Shirts must be worn.

£2 per person entry fee for club members

Car sharing is recommended

Further information is on the web site www.tvxc.org.uk

or Contact Dave Brown 020 8933 1821, email davidbrown100@aol.com

Trophy Races

See page 8 for details of how the LRRC Trophy competition works.

Finchley 20 – Sunday 11th March 2012, 9.30am

www.hillingdonac.co.uk - entry £20 affiliated, £22 non-affiliated

(no entries on the day)

Maidenhead Easter 10 – Good Friday 6th April 2012, 9.30 am

www.maidenheadac.co.uk – entry £15 affiliated, £17 non-affiliated

Closing date: 30th March (no entries on the day)

Marlow 5 – Sunday 13th May 2012, 9.30am

www.handycrossrunners.co.uk – entry £12 affiliated, £14 non-affiliated

Closing date online entries 11th May (Entries on day will be available)

Sudbury Court 10K – details to follow.

www.sudburycourt.org.uk

Burnham Beeches ½ marathon – Sunday 19th August, 10:00 am, £18.00

www.burnhamjoggers.org.uk

Moor Park 10K – Sunday 30th September 2012, details to follow

www.moorpark10k.org.uk

Cabbage Patch 10 - Sunday 21st October 2012, 10.00 am, details to follow

www.cabbagepatch10.com

VETERANS TRACK & FIELD LEAGUE

Dates for your diary:

9th May - Battersea

6th June - Battersea

20th June - Uxbridge

18th July - Twickenham

More information next month.



Many of you knew that my gran was very old. Unfortunately she died a few weeks ago at the grand old age of 108 yrs 7 months and 3 days.

She reached the heights of being the 36th eldest in Britain and was very proud of it. Never a runner, but did plenty of walking, right up to her mid 90's. Keep at it folks!

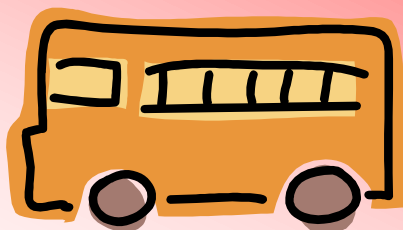
Margaret Smith

London Marathon 2012

I know its still January but time doesn't hang around. I would like to start getting an idea on numbers for the London Marathon Bus so if you are running or just fancy going up to Greenwich/Blackheath for the ride, please would you contact me as soon as possible.

Many thanks

Al Scoffham
01895 270245
07811 353 020



London Marathon – Metros Club / Water station places:

Mandy Beuselinck
Penny Hudson
Pritesh Patel
John Gorton
Donna Warren

Congratulations to all, and good luck with the training

You either embrace it or you don't.
Change.

At the **Metro Tuesday session** on December 20th came the end of an era.

With a tear in his eye (doubtful) Garry Young handed over the reigns of the session to Steve Paull after being in charge of the said event for about 25 years!!

Injury has meant that no more is it sensible for the impatient voice open the club door at 15 seconds after the hour and shoo everybody out with his catch phrase- "Come on. Time to go". No more will we hear how wonderful Fulham Football Club are (there's only one F in Fulham - repeat quickly).

Maps were passed over, then the written routes, then the symbolic tin of BluTack.

With a salute by both parties an era had ended.

What will the future hold? Will the new broom sweep clean? It is too soon to say, but make no mistake, Garry will be missed.

Some could not understand his seemingly impatient and gruff manner. Others thought it might only be the driest humour.

Either way, Garry we salute you, and thank you for keeping all the runners that have passed through the Tuesday run in it's various locations, in check. Whether it be complaining about the noise, or the kitbags in the wrong place etc.

Things will not be the same.

Cheers Garry, and thanks.

London Road Runners Club Trophy Races 2012

The following Road Races will comprise this years events that will contribute towards the Trophy Race competition;

Finchley 20	Sunday 11 th March at 9.30 a.m.
Maidenhead Easter 10	Friday 6 th April at 9.30 a.m.
Marlow 5	Sunday 13 th May at 9.30 a.m.
Sudbury Court 10K	Sunday 20 th May tbc
Burnham Half Marathon	Sunday 19 th August at 10.00 am
Moor Park 10K	Sunday 30 th September .
Cabbage Patch 10 (stragglers)	Sunday 21 st October at 10.00 am

As the Ricky 9 now longer counts as a Trophy Race, an additional Trophy Race may be added to the list. This has yet to be determined and will be duly published in the Lines.

Note to qualify for the competition you must;

Be a paid-up member of the club.

Enter the Metros club name on the entry form and be qualified to do so.

Wear club kit.

Points for the competition are awarded from the official results generally as posted on each organising clubs website. It is therefore essential that each competitor check the accuracy of position and their club entry as a Metro from the official results. Any discrepancies must be taken up by the individual runner with the club concerned. Copies of all communication with those clubs should be sent to the LRRC Coordinator and in the event of the organising clubs error, amendment to the award of Trophy competition points can be made. This however must be prior to the finalisation of the competition. If you enter as a Metro and are not shown in the Results as such, get in touch with the LRRC Co-ordinator.

The scoring system will stay the same as last year, in that the leading Metro will now score 50 points, the second Metro will score 49 points and so on. An extra point will be added for helping an assisted Metro runner to compensate for the loss of a point demanded by the Rules by the competitor finishing behind that runner. Separate competitions for Men and Women will continue.

An update on points scored will be published when possible in the Metrolines.

Graham Haddon LRRC Co-ordinator (grahamhaddon@aol.com)

From the Presentation Evening ...

BEGINNER RUNNER'S TROPHY

The committee reviewed the list of runners who had joined Metros, roughly between each "Quiz and Awards Presentation Evenings"

The four nominees from this list were:

1) Rosemary Harrington - just managed to run a mile in April and then completed the Metros 10k challenge in October achieving a bronze award in the age related tables. She regularly attends Saturday and Monday sessions.

2) Christopher Hudson – has dramatically improved his mile time and has run all the Summer League Tenderfoot, Fun Run and relay events. He has also run well for Metros in the Bushey ¼ junior challenge and the Moor Park junior run. He attends most Saturdays and participated in the Saturday events including our 5k.

3) Wendy Mulvenna started her running career supporting husband Mark and daughter Ellen and the Vets Track & Field team. This year she has started participating in Saturday morning training sessions and in October completed the 4K Metros Annual Fun Run – The Brian Jackson Fun Run.

4) Louise Pearson – regularly attends Saturday and Monday sessions and, on occasions, the Wednesday hill session. In the space of less than one year Louise has gone from slowly running a 1.5 mile route to finishing the Cabbage Patch 10 in 1 hour 37 mins and is continuing to run faster.

All worthy recipients, and it was a difficult decision, but the committee's choice was that, the Beginner Runner's Award this year, should go to one of our younger runners who, since joining Metros, has joined in enthusiastically with all the events open to someone of his age, and made tremendous progress throughout the year – Christopher Hudson.



Winning Quiz Team

LIFETIME ACHIEVEMENT AWARD

Just a few lines to thank everybody involved in arranging and sanctioning my above award. I can assure everybody it came as a complete surprise, even though my wife Sylvia and son Steve were present, as they had attended in the past. I was amused after the presentation when Terry Burke apologised for not ringing to thank me for his birthday card - in his words "I daren't ring you Chris, with my big mouth I was frightened I would let the cat out of the bag". I don't feel quite the forgotten man now with all the new faces at the club which, of course, is great to see.

Most of the data in the two articles in last month's 'Lines' is correct, with only very minor errors. However, I feel I must correct the 'running in the English National Cross Country Championships at Havant in 1997 four days after being in hospital for an operation'. I think even I would draw the line at that. As it was my surgeon would have been highly annoyed at the actual three weeks afterwards, when he had told me not to run or even walk far for six weeks. We needed six for the scoring team so I took a chance - not to be recommended!

One of the best decisions of my life was to join Metros in 1990 and the nineties were a great decade for me which not only saw my best running, but I found it a great help in relieving stress which was particularly acute at that time. I made great friends, most of whom were mentioned in the articles last month. We were like minded in so many things, with running, walking and a love of real ale to the fore. I achieved what I wanted from the sport apart from, as mentioned, the breaking of 80 minutes for the half marathon, 80 mins 11 secs being the nearest I got. I honestly believe if I had run one in 1997, my peak year, I would have made it as all the extra training I did that year knocked minutes off my best previous times in some cases. I proved the old saying in this sport that 'you get out what you are prepared to put in'.

Finally, many thanks for the very warm applause that evening. I was quite frankly a bit gobsmacked and dazed to consider an oral reply at the time.

Keep on running while you are fit and healthy. As Steve Poole wrote in the 'Lines' not long ago 'it's not until you can't go out and run due to injury that you really appreciate what an asset it is'.

With best wishes for 2012.

CHRIS ROOME



Chris Roome Life Time Achievers Award.

You wait all your life for an article about you, then two come along at once. Pat and myself were unaware that the other was writing an article. Although they did contain some obvious duplication there were still some worthwhile elements that were not duplicated.

I however missed a funny anecdote relating to Chris not long after he won the Middlesex Marathon Championship.

Both Chris and myself were on our usual midweekly walk just prior to the London Marathon. Chris had retired and I was a civil servant on flexi leave. We as usual stopped for lunch at a country Pub. We got talking to a barmaid who patronisingly said it was nice to see old people like ourselves still able to go out walking. Seeing Chris's Athletics Weekly she announced that she was training for the London Marathon and her coach hoped that she would break four hours. Chris mentioned that he too was training for the London Marathon. At this stage the Barmaid replied that it would be unlikely at his Age to complete the course. Chris replied getting slightly annoyed that not only would he hope to complete but in addition was going for under 3 hours.(recent 2.54 in Harrow) The Barmaid further replied that he was deluded and the best that he could hope for was to make the finish. Chris now more annoyed replied that it was quite probable as he was the reigning County Marathon Champion. The Barmaid replied "yes of course you are dear" and left.

We often laughed at that thinking how she would relate the story later to her regulars. e.g. some old git claimed to be reigning county Marathon champion, well I think he escaped from a home etc. etc.

Graham Haddon

More 2011 Results

5 mile handicap overall results

	Points		
Judy Rackham	102	Steve Paull	35
Geraldine Gill	92	Jonathan Berman	33
Simon Abery	84	Sue Davie	33
Bob Manning	77	Angela Murphy	31
Mike Ransome	76	Tom Alder	31
Sarah Westwood	76	Dave Young	29
Ann Marsden	74	Sandra Cobbins	29
Paul Gardner	68	Errol Clarke	28
Ruth Tidder	67	Raquel Russel-Ponte	28
Peter Beuselinck	65	Andy Fox	25
Louise Pearson	64	Jonathan Collier	25
John Gorton	62	Teresa Young	21
Peter Stapleton	60	Mervyn Stuckey	16
Carole Wells	53	Dennis Speight	13
Al Scoffham	44	Malcolm Pearson	12
Andrew Collier	43	Peter Jose	10
Julia Allen	43	Pritesh Patel	9
Caroline Day-Lewis	41	Mark Mulvenna	7
Linda Gaitskill	41	Debbie Moynihan	4
Bev Singleton	38	Darryl McCarthy	3
Chris Roome	37	Dave Swann	3
Nigel Rackham	37	Adam Leary	2
Andy Dickens	36	Penny Hudson	1
Kevin Eckersley	36		

Lost:

1 pair of men's Saucony trainers, Size 9. If you have any information relating to their whereabouts, please contact Peter Stapleton, either at the park on Saturdays, or via any of the co-ordinators.



Achievements

Well done to ...

Mandy Beuselinck – for completing her 12 in 12 challenge, and her first marathon

Irene Paull for a PB in the 10K challenge with a time of 58:22 almost achieving silver (just 4 seconds away!!)

Sam Dalton for knocking over 9mins off his previous 10K PB to get 46:23 running his fastest 5K time in the process! (Silver next time Sam!)

Peter Jose – a PB in the Metros 5 mile handicap in December followed by another PB the next day in the Perivale 5. Also a PB in the 10K Challenge

Jane Hudson – a PB at the Perivale 5

Everyone who got Gold in the 10K – you guys are amazing!

Judy Rackham, Janice Newman and Carole Wells who are all running again after injury.

Karen Collier for bringing her friend Denise along to the Saturday session (and to **Denise** for coming more than once!)

World Masters Championships – American Style

15 intrepid British officials went by diverse routes to Sacramento for the 19th World Masters track and field championships.

We were joined there by about the same number of Canadian officials + German, Brazilian, Irish and New Zealanders and, of course, a large number of US officials from various parts of the home country.

The aim was for all officials to do a morning or evening session as it was going to be very hot but the temperature dropped dramatically and we had some very chilly late nights and early mornings.

My first duty was chief judge for combined events (12 hour hot day with the last age group starting at 1400). The company operating the photo finish also inputted field results and computed a running total which was taken to each group at their next event – greatly appreciated by the competitors.

The combined events referee had an exhausting job so, in between races, I would retrieve shot results from the far end of the far track.

I slept well that night

Did you know the USA has made an attempt to go metric? You would hardly notice! My first job as line judge for combined events (aka chief judge) was to persuade the announcer to call hurdle heights in centimetres – some of the Brits could cope in feet and inches but not the Czechs and Finns. Quarter inch round spikes were the order of the day. Back to the beginning. Breakfast at 0600, out to the track (20 minute walk) at 0700 for an 0800 start. There were two types of hurdle – 69 cms with no weights for the older age groups and adjustable hurdles with no apparent weights for everybody else. I was assured the weights adjusted automatically as the heights changed. There was no way of checking this other than testing every hurdle with a spring balance.

The day started with 4½ sets of blocks for 7 athletes in the first heat. Some new blocks have been purchased for the event and kept under lock and key but where is the person with the key? I am to encounter the key problem again at the second track but this time the track is locked!

I was referee for a couple of 5K sessions and got accurate results for very varied fields with an excellent chief judge from Canada (designated chief umpire in American parlance). Next session neither of us was there and one race was a disaster (8 dnfs because they ran a lap short). So guess what? I was appointed referee for most of the 5k and 10k track races. So we (the Canadian and I) developed a system with photo finish (American) to check if boards were different or athletes challenged their lap call. Each country works to a different system so we put the best bits together and all results were accurate for the rest of the week. Wow! (27 runners in a 15-year age band is hard work). I was privileged to see

probably the best performance by a distance runner – 42+ minutes 10k for a Canadian man aged 80.

My favourite people are the water carriers. Every venue, call room, field event site had Gatorade barrels which were filled with water or Gatorade of various colours. And when the volunteers were late for the 10k water station the water carriers assisted. Paper cups were used which is much more environmentally friendly than our plastic bottles.

The main track could only accommodate jumps (synthetic track – American football) while throws took place on the adjacent warm-up track. First aid set up a command centre tent between the two; response to calls was by bicycle. At the end of a long (decathlon) first day the jumper with the damaged ankle didn't feel inclined to travel on a bicycle so a water-carrying vehicle was commandeered.

Now to a split start for the 5000m(or waterfall or cascade). I was busy with the current race so the starters got tape to mark the track for the next race. However the announcer, via the public address, said that it was not absolutely accurate! I wasn't party to the ensuing conversation between chief starter and announcer but they both returned the next day.

Now this was a nine-lane track so is it a 4/5 or 5/4 split?

And so to the Marathon

(0500 start) where I was the referee. I had to be on site by 0400. It had not occurred to me that it would be dark with no lighting provided except for the occasional campus streetlight! By now we had got used to some unseasonably chilly nights and I was swathed in whatever warm clothes that I could beg or borrow. This was an advantage as nobody could recognise anybody else so I wasn't bothered by any difficult questions usually asked of the referee. Officials were not provided with any sustenance so I raided a water station to keep myself hydrated. It all went very well and the runners were well supported. One runner, in about fifth place, ran over the mat at the first checkpoint. No "bleep". He suddenly realised he had not attached his chip (it wasn't possible to check these in the dark at the start) and let out an (Italian) expletive. I got him times for the remaining 5k points and even found him an Italian to tell him this.

It was a lovely course along the riverbank and across two bridges. There are two paths along the river – the lower path for runners, walkers, joggers and the upper path for cyclists. This seemed to work very well. Many of the marathon runners did their training along these paths at dawn or dusk; if you encountered a rattlesnake the advice was to jump over it!!

The next morning was also an early start – to go camping in Yosemite.

Jeanne Coker

Results

Hell Down South – 27th November 2011

1	1:03:34
1380 Julia Buckley	2:02:23
Last	2:54:18



Regents Park 10K Winter Series

4th December 2011

1.	34:52
92. Pritesh Patel	44:15
338 (last)	1:23:14

8th January 2012

1.	34:35
82. Pritesh Patel	42:36
440 (last)	1:28:51

Perivale 5 – 4th December 2011

1	26.09
7 Nigel Rackham	27.21 (1 st V40, highest AG% 88.47%)
62 Steve Paull	34.04
85 Peter Jose	36.05
91 Peter Reynolds	36.21
140 Jane Hudson	40.06
170 Derek Bamforth	43.29
209 Irene Paull	47.49
233 Penny Hudson	53.18
Last	1.29.56

Thames Valley XC League
Sandhurst - 27th November 2011
(Provisional Results)

Men

57	Andy Fox	35.50
82	Kevin Smart	37.19
114	Terry Burke	39.43
139	Jonny Jackson	41.33
145	Al Scoffham	41.57
151	Mark Mulvenna	42.40
162	Gordon Valentine	43.18
169	Glynn Watkins	43.55
186	Dave Swan	49.38

Ladies

28	Navi Dhillon	42.25
40	Jackie Cope	43.57
64	Donna Warren	47.05
76	Ann Marsden	52.59
77	Raquel Russel Ponte	53.56
83	Linda Gaitskell	61.25
83	Angela Murphy	61.25

Team Results

(1st 6 men score –min. 2 vets,
1st 3 ladies score –min. 1 vet)

Men: 12 / 14

Ladies: 9 / 14

Overall: 11 / 14

See www.tvxc.org.uk for full results



Calvia Half Marathon, Majorca, 11 December 2011

641st Irene Paull 2.12.53 (gun) 2.12.17 (chip) 5th V50

Calvia Marathon, Majorca, 11 December 2011

51st Steve Paull 3.32.24 (gun) 3.32.15 (chip) 1st V55

Bedford Half Marathon – 11 December 2011

1		1:08:48	
22	Nigel Rackham	1:16:23	1 st V45
130	Kevin Watson	1:27:56	
178	Nathan Powell	1:30:28	
402	Pritesh Patel	1:37:54	
526	Peter Jose	1:41:12	
743	John Camprubi	1:47:16	
767	Gertrud Porter	1:48:59	1 st FV60
1159	Jane Hudson	2:01:01	
1524	finishers		



Pednor 10 – 31st December 2011

1		0:57:22
79	Sam Dalton	1:27:33
115 finishers		



5 Mile Handicap - 3rd December 2011								
		Elapsed Time on day	Actual 5 mile time	Handicap	Time inc. Handicap	Position	Points	Next Handicap
Peter	Jose		36:44	00:00	36:44	1	41	23:00
Mandy	Beuselinck		41:31	00:00	41:31	2	40	18:00
Al	Keaney		46:12	00:00	46:12	3	39	13:00
Andy	Fox		33:10	19:00	52:10	4	38	26:00
Jane	Hudson		52:39	00:00	52:39	5	37	07:00
Stephanie	White		52:39	00:00	52:39	6	36	07:00
Jane	Scoffham		53:56	00:00	53:56	7	35	06:00
Kath	Donaldson		48:22	06:00	54:22	8	34	11:00
Ann	Ambrose		55:44	00:00	55:44	9	33	04:00
Teresa	Young		45:45	12:00	57:45	10	32	14:00
Steve	Paull		33:54	24:00	57:54	11	31	26:00
Julia	Allen		44:57	13:00	57:57	12	30	15:00
Sarah	Westwood		46:03	12:00	58:03	13	29	13:00
Angela	Keaney		58:08	00:00	58:08	14	28	01:00
Catherine	Corcoran		58:09	00:00	58:09	15	27	01:00
Linda	Gaitskill		53:20	05:00	58:20	16	26	06:00
Angela	Murphy		53:20	05:00	58:20	17	25	06:00
Gladys	de-Groot		58:36	00:00	58:36	18	24	01:00
Ruth	Tidder		42:38	16:00	58:38	19	23	17:00
Kevin	Smart		33:47	25:00	58:47	20	22	26:00
Simon	Abery		40:52	18:00	58:52	21	21	19:00
Bob	Manning		40:55	18:00	58:55	22	20	19:00
Caroline	Day-Lewis		46:12	13:00	59:12	23	19	13:00
Mike	Ransome		45:33	14:00	59:33	24	18	14:00
Al	Scoffham		39:41	20:00	59:41	25	17	20:00
Pritesh	Patel		34:50	25:00	59:50	26	16	25:00
Geraldine	Gill		50:22	10:00	60:22	27	5	09:00
Ann	Marsden		49:14	12:00	61:14	28	4	10:00
Peter	Stapleton		50:22	12:00	62:22	29	3	09:00
Carole	Wells		48:22	14:00	62:22	30	2	11:00
Jean	Coker		74:00	00:00	74:00	31	1	00:00

We run the 5 mile handicap four times each year, December, March, June and September, and there's a trophy for the overall winner.

- ❖ The aim of the event is to encourage people to step up from the 5k distance which most people can manage in under an hour.
- ❖ To add a bit of interest, everyone is handicapped according to how fast they've previously run 5 miles.
- ❖ For those who've run before, the handicap you're given in December is an average of the previous year, then for the rest of the year, it's based on your last run
- ❖ Your handicap is the difference between your 5 mile time and 60 minutes.
- ❖ Points are awarded based on the number of runners and your handicapped time (actual time + correct handicap)
- ❖ If you beat the hour, you get an extra 10 points.
- ❖ The run starts in the park about 50 metres to the left of the pavilion.
- ❖ I'm at the start line from about 8:55am for anyone who is worried about not getting round in the hour, and I officially start the watch at 9.
- ❖ You can start ahead of your official handicap if you want, I sort out the sums afterwards

- ❖ So, do give it a go in March, and as an added incentive, first timers have no official handicap so usually get lots of points.

Irene Paull

Wot No Watch – 17th December 2011

	PREDICTED	ACTUAL	DIFF		
Andy Fox	05:50	05:51	1s	over	*
Steve Paull	06:30	06:19	11s	under	
Andrew Collier	06:35	06:46	11s	over	
Peter Jose	06:50	06:48	2s	under	*
Mark Mulvenna	06:20	06:54	34s	over	
John Gorton	07:10	07:00	10s	under	
Sam Dalton	07:00	07:08	8s	over	
Al Scoffham	07:30	07:09	21s	under	
Matthew Rackham	07:00	07:11	11s	over	
Al Keaney	07:30	07:17	13s	under	
Mike Ransome	07:18	07:19	1s	over	*
Jackie Cope	07:53	07:22	31s	under	
Peter Rackham	07:00	07:28	28s	over	
Michael Rackham	07:00	07:29	29s	over	
Caroline Day Lewis	07:15	07:30	15s	over	
Eleanor Murray	06:59	07:34	35s	over	
Lucy Allen		07:48			
Julia Allen	07:30	07:49	19s	over	
Gary Bostock	09:00	07:52	1m 8s	under	
Amy Kidd	08:30	08:03	27s	under	
Christopher Hudson	07:48	08:13	25s	over	
Jane Hudson	07:50	08:14	24s	over	
Sarah Westwood	08:38	08:25	13s	under	
Errol Clarke	08:00	08:37	37s	over	
Karen Collier		08:38			
Lesley Boatman	10:00	08:49	1m 11s	under	
Raquel Russel Ponte	09:50	08:53	57s	under	
Olivia Gill	09:00	08:54	6s	under	
Ann Marsden	08:25	08:57	32s	over	
Kath Donaldson	08:25	08:59	3s	under	
Stephanie Stapleton	09:03	09:08	5s	over	
Judy Rackham	10:00	09:10	50s	under	
Janice Newman	09:45	09:13	32s	under	
Irene Paull	09:15	09:15	0s	under	**
Steve Alder	08:20	09:22	1m 2s	over	
Penny Rawlins	10:00	09:44	16s	under	
Sue Davie	10:16	09:45	31s	under	
Freya Ball	09:30	09:46	16s	over	

Maria Bostock	11:00	09:48	1m 12s	under
Sonya Grist	09:43	09:50	7s	over
Debbie Lewis	12:00	09:53	2m 7s	under
Catherine Corcoran	10:30	09:54	36s	under
Anne Ambrose	09:15	09:59	44s	over
Debbie Moynihan	09:40	10:02	22s	over
Gladys de Groot	09:30	10:09	39s	over
Jeanne Coker	12:45	12:33	12s	under
Barbara Robson	12:31	13:24	53s	over

Forty eight hardy Metros took part in the December 'Wot no Watch' on a cold, breezy, wet and almost snowy Saturday morning. Thank you to Penny for helping with the first race and Irene for the second. Cold fingers, soggy result sheets, the fact that we had to let the stopwatch run on between the two races and so many close finishers meant we had to do all the recalling during tea. So apologies to those of you who did not get your time on the day. The trophy winner was Irene Paull, but three other runners were within one second and quite a few were within 2 to 3 seconds.

Teresa Young

Norwich Half Marathon – 27th November 2011

1	1:12:44
1281 Mandy Beuselinck	1:57:35
2150 Sue Davie	2:31:58
Last finisher	3:07:46



Thames Valley XC League

Handy Cross – 11th December 2011

(Provisional Results)

Men

22	Ron Taylor	37:16
58	Andy Fox	40:41
72	Jonny Jackson	41:45
75	Kevin Smart	41:52
100	Terry Burke	44:49
138	John Gorton	48:19
144	Al Scoffham	50:15
145	Mark Mulvenna	50:18
162	Dave Swan	56:47

Ladies

14	Celia Brown	45:15
29	Navi Dhillon	48:39
45	Harriet Copland	50:43
48	Jackie Cope	51:08
67	Ann Marsden	61:37

Team Results

(1st 6 men score –min. 2 vets,
1st 3 ladies score –min. 1 vet)

Men: 9 / 14

Ladies: 7 / 14

Overall: 9 / 14

See www.tvxc.org.uk for full results



Thames Valley XC League Reading – 18th December 2011 (Provisional Results)

Men

48	Nathan Powell	41:32
72	Andy Fox	43:36
107	Terry Burke	46:11
108	Pritesh Patel	46:12
139	Sam Dalton	49:15
146	Al Scoffham	49:33
177	Glynn Watkins	53:18

Ladies

36	Navi Dhillon	49:56
46	Jackie Cope	51:41
85	Marion Rogan	59:53
89	Julia Buckley	60:54
97	Ann Marsden	63:13
106	Angela Murphy	64:48

Team Results

(1st 6 men score –min. 2 vets,
1st 3 ladies score –min. 1 vet)

Men: 9 / 14

Ladies: 10 / 14

Overall: 10 / 14

See www.tvxc.org.uk for full results



Boxing Day 10K – Poole Park

271 Judy Rackham	0:57:00
319 Sue Davie	1:08:05

New Years Day 10K – Serpentine

218 Gertrud Porter	50:44	1 st FV60
251 Gordon Valentine	52:29	
311 Carole Wells	57:29	



Cliveden Cross Country – 2nd January 2012

1		0:36:58
30	Nathan Powell	0:44:52
48	Jonny Jackson	0:46:35
53	Andy Fox	0:47:02
180	Sam Dalton	0:55:01
188	Al Scoffham	0:55:27
194	Adam Leary	0:55:59
208	Paul Linnell	0:57:03
220	Jackie Cope	0:57:43
344	Ann Marsden	1:07:25
372	Kath Donaldson	1:12:57
382	Jane Scoffham	1:16:56
385	Sonya Grist	1:18:53
392 finishers		



10K Challenge – 7th January 2012

Gertrud Porter	50.24	80.00%	Gold
Steve Paull	41.44	78.60%	Gold
Peter Jose	45.27	78.10%	Gold
Raquel Russel Ponte	58.50	76.40%	Gold
Bob Manning	49.33	75.00%	Gold
Kevin Smart	42.26	73.50%	Gold
John Gorton	47.22	69.30%	Silver
Angela Murphy	62.07	64.90%	Silver
Judy Rackham	56.28	62.40%	Silver
Irene Paull	58.22	61.90%	Bronze
Carole Wells	56.28	60.90%	Bronze
Adam Leary	49.54	60.10%	Bronze
Andrew Collier	49.56	59.60%	Bronze
Sam Dalton	46.23	59.10%	Bronze
Gordon Valentine	55.09	59.00%	Bronze
Donna Warren	53.37	58.80%	Bronze
Julia Allen	56.13	57.90%	Bronze
Mike Ransome	58.57	56.10%	Bronze
Peter Rackham	42.29	55.00%	Bronze
Anne Ambrose	68.42	53.30%	
Geraldine Gill	61.18	53.15%	
Louise Pearson	59.24	52.80%	
Errol Clarke	59.17	51.00%	
Peter Stapleton	61.57	49.60%	

5 Mile Walk - Saturday 14th January 2012

Bob Manning 54:25

Also participating (jogging)

Bev Singleton 54:25

Guy Bostock 54:25

Thames Valley XC League
Tadley – 8th January 2012
(Provisional Results)

Men

4	Ron Taylor	33:25
34	Nathan Powell	36:40
52	Jonny Jackson	38:15
103	Terry Burke	41:51
132	John Gorton	43:58
150	Al Scoffham	45:45
158	Sam Dalton	46:58
168	Gordon Valentine	49:25
180	Dave Swan	56:00

Ladies

47	Jackie Cope	47:09
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Team Results

(1st 6 men score –min. 2 vets,
1st 3 ladies score –min. 1 vet)

Men: 9 / 13

Ladies: 13 / 13

Overall: 11 / 13

See www.tvxc.org.uk for full results

Results so far this season 11 / 14 with 1 race to
go on 22nd January.





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Notes of Metros Committee Meeting

Wednesday 30th November 2011, Methodist Church Hall, Cannon Lane at 8.00 pm

Present: Amanda Beuselinck, Penny Hudson, Steve Paull, Barbara Robson, Mike Ransome, Ann Marsden, Alastair and Jane Scoffham. Also present Jane Hudson

Apologies: Marilyn Pickford, Pat Jackson

Chair: Jane Scoffham

Note taker: Alastair Scoffham

Matters arising from previous meeting on 26th October 2011

Harrow Hill Race – details are now on the website and e-mails have now been sent

Action: Dave Swan

LRRC Trophies - a discussion about fitting in an extra 5 km race during January or February, many of these races seem prohibitively expensive. Suggestion of our own race round the inside of Ruislip Lido will be investigate for feasibility.

Action: Steve Paull

Group E-mail

Item Closed

First Aid – Jane Scoffham has liaised with Margaret Smith.

On-going

Monday Night Session – Metros welcome packs need to be amended to coincide with the website wording

Action: Ann Marsden

Track & Field Coaching – Marilyn to make contact with a coach

Action: Marilyn Pickford

Achievements Page in Metrolines – This is successfully up and running, continuous encouragement for usage should be maintained

Item Closed

Address Check – Ann e-mailed details to Al, who send card

Item Closed

The Brian Jackson Fun Run – Monies donated to the Macmillan Coffee Morning and a letter of thanks received.

Item Closed

Quiz and Awards Presentation Evening – Jane thanked Garry and Gill Young and Pat Jackson for all their hard work.

Item Closed

Permanent Memento - Penny raised a point about these, to be discussed at next meeting as co-ordinator not present.

Action at February committee meeting

Metros Facebook Page – So far we have 14 followers. Amanda has liaised with Kevin Smart regarding our website and links. Ann will add details the new members pack.

Action: Amanda Beuselinck & Ann Marsden

Thames Valley League – Metros Host Fixture – Jane thanked all who helped at our event. We have had positive feedback from other clubs.

Item Closed

London Marathon Places – Al stated that we have only received two places this time. Item Closed

Contacting New Members – It was suggested that if there is lack of involvement in club activities new members should be phoned after six months.

Action: Ann Marsden

Middlesex Championship Cross Country – Al has advertised this in Metrolines.

Item Closed

Vets Track & Field League – Pat to discuss next year date and events.

Action: Pat Jackson

Reports of Officers

Hon. Chair – Jane had nothing to report.

Hon. Vice Chair – Mike had nothing to report.

Hon. Treasurer – Mike supplied details of account activities.

Hon. Secretary – Al received details of a “Behavioural Directive for Church Users” from Cannon Lane Methodist Church including a form to say that we will abide by the directive, which has been signed and returned.

Item Closed

Middlesex AA has sent out an invitation for their annual dinner which will take place on Saturday 4th February at The Cumberland Hotel, Harrow at 7.30 pm cost £24.00 per head. If interested please contact Al for details.

Hon. Membership Secretary – the following applications for membership were approved.

Jeremy Lawley -North Harrow, Tiffany Fontenot – Pinner, Sam Dalton – Pinner, Amy Kidd – Pinner, Harry Tomlinson – Harrow, Margo and Galloway Manning – Harrow, Penny and Aaron Rawlins – Harrow, Angela Keaney – Wembley.

The following are not renewing their memberships

Christine Jones, Alex Batoryle-Le, Christian Cerimele, Benedict Mills and Chris Perkins, Patrick Maguire, Daisy Suffield, Liam and Jennifer O'Malley, Jonathon Callard, Anand Pattar, Mary Robinson, Joel Davies, Christopher and Nicholas Jones Ford, Eleanor and Ian Oakley.

Any Other Business

Tuesday Night Run – Garry Young has decided to resign as co-ordinator, a role that he has held for over 20 years. Thank you Garry for all you have done for the Tuesday Night Run.

Steve Paull has volunteered to take over.

Metrolines Deadline – Penny and Jane requested the deadline date for Metrolines be changed to the 15th of the month. The vote was passed: For -6, Against – 0, Abstentions – 1.

Committee Meeting dates – It was suggested that these be held on the first Wednesday of the month. To be discussed after the AGM, by the new committee.

Christmas Woods Run – will not be held due to lack of a suitable date.

Reflective Bibs - a viable minimum order is 23 at £8.50 per bib. It will be advertised in Metrolines to gauge the interested.

Action: Penny & Jane Hudson

Football Kids – It was suggested that the children who played football together with their parents might join us for drinks and biscuits at the end of the Saturday session. It was thought this might lead to an insurance breach plus other issues, the decision was against.

Christmas Messages Donations: to be split 50-50 between Drum and The Ruislip Woods Trust.

Meeting closed at 9.37 pm

Date of next meeting: 25th January 2012.

Future dates 29th February, 28th March, 25th April

Metros Committee Meetings are open to all members but only the committee can vote.

First Aid Course

FIRST AID COURSES

HSE 3 Day First Aid at Work Course on Thurs 26th Jan, Frid 27th Jan and Frid 3rd Feb in Harrow

Paediatric First Aid Course on Sunday 29th January in Harrow
Paediatric First Aid Course on Sunday 26th February in Harrow

Contact me on 0208 866 1170, mcstraining@hotmail.co.uk, or see me at the scout hut after the Saturday running session for further details.

Thanks, Margaret

Attention marathon runners:

Just wanted to make you aware of a half day "nutrition for marathon runners" workshop on Sat 18 February in Central London, see the link below:

<http://www.nutriworks.co.uk/workshops/event/marathon-nutrition-introduction/>

I found out about it because I took part in a study they did in 2010 re. how much amateur runners training for a marathon know about nutrition.... 'not a lot' seems to be the outcome!

Donna Warren

Metros REGULAR RUNS

MONDAY	20.00	Teresa Young	020 8866 3225
		Mike Ransome	07802 839 498
		Email: mondaymetros@yahoo.co.uk	
TUESDAY	20.00	Garry Young	01923 833 726
WEDNESDAY	19.15	Dave Brown	020 8933 1821
THURSDAY	19.00	Sue Davie	07561 305999
		Email: thursdaymetros@yahoo.co.uk	
SATURDAY	09.00	Dave Young	020 8866 3225
SUNDAY	09.30	Anne Leigh	01753 888 839

Not every week – please phone Anne to confirm

See website for more details: www.metros.org.uk

Runners' Recipes

Open Spinach & Ricotta Ravioli

Ingredients

- oil
- 1 small **onion** , finely chopped
- 2 **garlic cloves** , crushed
- 100g **spinach**
- 150g **ricotta**
- 6 fresh pasta sheets
- 3 tbsp of grated **Parmesan** (or vegetarian alternative)

Method

1. Heat the oil in a large frying pan and fry the onion and garlic until soft, add the spinach and stir until wilted. Add the ricotta, breaking it into lumps and season well. Keep warm.
2. Meanwhile cook the pasta sheets in boiling water for 2-3 minutes until tender, drain well.
3. Layer 3 pasta sheets on each plate with the spinach mixture, sprinkle the tops with a little Parmesan and black pepper. Serve with salad.

Per serving

590 kcalories, protein 28.4g, carbohydrate 75.1g, fat 21.6 g, saturated fat 8.7g, fibre 1.7g, salt 0.71 g



Committee Meetings

These are held at Cannon Lane Methodist Church, Cannon Lane, Pinner at **8pm** on the last Wednesday of most months (but usually not May, August or December) and we are open to all members.

Metros Website

www.metros.org.uk

Contributions to: ks@d4b.co.uk

If you have information and/or photographs relating to club events that you feel should be on the website please send details to Kevin at the above email address.

Metros Kit

Metros breathable vests and long and short sleeved T-shirts are available from Pat Jackson – tel. 020 8868 5683. Price: T-shirt £15, £18; vest £12.

Metros vests can also be purchased at Runner's World, 139 Field End Road, Eastcote, HA5 1QH. Tel. 020 8868 6997. (Runner's World does not have any Metros T-shirts).

First Aid

If you hold a valid First Aid Certificate please could you let me know so that we have a list for run co-ordinators, in case of an incident.

If you are interested in taking a First Aid course, we may be able to arrange it. Thank you.

Jane Scoffham: tel. 01895 270245

Metrolines

Contributions to: Penny and Jane Hudson

Email: metrolines1@gmail.com

Contributions by: 15th of each month please.

If you would like to receive Metrolines by email, please send your details to Jane or Penny Hudson at the email address above.

When submitting articles, please ensure that all information is correct and that times, dates and places are clearly shown.

Photocopying: Pat Jackson

Distribution: Ian Bocock

Advertising

If you would like to advertise in Metrolines the rates are as follows:

Full page £5

Half page £3

Quarter page £2

Coaching

The committee has allocated a running training budget, so if you are interested please find a course that you would like to do and then contact

Jane Scoffham: tel. 01895 270245